

The Experts Say - -

By HELEN BANNERMAN
Canadian Press Staff Writer

TOMATOES—Some years ago tomatoes lost their social position and were considered harmful for human consumption after they had progressed slowly up from the status of a household decoration. But this was all before biochemists discovered they were fairly popping with vitamin C and boosted them up the ladder of popularity again. Now they are here to stay.

As long as tomatoes are in season they appear on most tables and can be enjoyed at two meals a day. When canned they still take their place on winter menus.

They are easy to can but home economists say it is important to use recommended methods to assure that as much as possible of the food value is retained and also to be sure the tomatoes keep well until needed.

There are two methods suggested. If whole tomatoes are desired the first is best but for general use the second method is quick, easy and gives excellent results.

The first method is Cold Pack for Whole Tomatoes; blanch, remove stem and peel tomatoes. Pack in clean sealers, add one teaspoon of salt to each quart sealer. Cover with boiling hot tomato juice. Adjust rubber ring and top. With screw top sealers screw tightly, then loosen slightly unscrewing not more than one inch. With spring top sealers spring the top bail into place but do not spring down the lower one. With vacuum-type sealers screw the band tightly or put the metal clamp in place.

Process pints 30 minutes in the water bath or 35 minutes in the oven.

For quart sealers allow 35 minutes in the water bath or 45 minutes in the oven.

The second method is the cold pack for tomatoes; blanch, remove stem and peel tomatoes. Cut large tomatoes in quarters or leave small ones whole, pack, pressing down until the juice covers the tomatoes. Add ½ tea-

spoon of salt to each pint sealer or one teaspoon to quart sealers.

Adjust the rubber rings and top. With screw top sealers screw tightly, then loosen slightly unscrewing not more than one inch. With spring top sealers spring the top bail into place but do not spring down the lower one. With vacuum-type sealers screw the band tightly or put the metal clamp in place.

Process pints for 35 minutes or quarts for 40 minutes in the water bath.

PORCELAIN AND GLASS—Porcelain enamelware and glass kitchen utensils respond better to cleaning if no abrasives are used and they are washed in soap and water or soapless suds. Since food prepared in enamel catches on readily, watch the pot. If a disaster does occur, soak the utensil and then use a soapless sud or a mild scouring powder. A bad burn is apt to leave a permanent brown stain.

Veterans Honor Late Bill Macey

The body of the late H. W. (Bill) Macey, for many years a resident of Prince Rupert and veteran of the First Great War, whose sudden death took place recently at Terrace, was sent on the Prince Rupert last night to Vancouver where the funeral will take place Saturday afternoon. The casket bearing the remains and draped in the Union Jack was accompanied by a number of Canadian Legion members from the Grenville Court chapel of B.C. Undertakers to the ship's side where last respects were paid. S. A. Bird, Albert Palmer, R. C. Woods, C. L. Barker, George Holmes and Douglas Duncan acted as pallbearers. The late Mr. Macey served as a gunner in the 68th Depot Battery attached to 1st C.A.S.P. and saw service in England, France, Belgium and Germany.

Vancouver Bride Will Reside Here

At a colorful ceremony in St. Andrew's Cathedral Thursday evening, Hilda Marjorie Jackson of Vancouver became the bride of Neil Fergus MacDonald, younger son of Mr. and Mrs. Allan MacDonald of Prince Rupert. The ceremony was performed by Rev. Basil S. Prockter.

Gowned in white eyelet embroidered silk with net yolk and fingertip veil caught with orange blossoms, the bride was given in marriage by R. E. Montador. She carried a bouquet of white and pink gladioli. Bridesmaid was Miss Dorothy Jackson of Vancouver, sister of the bride, wearing a gown of blue satin with bouffant skirt of net and yellow accessories. She carried a bouquet of pastel shade carnations.

Arthur Murray was groomsman.

Flower girl was Miss Anne Cloke of Allenby, niece of the bridegroom. She wore a floor-length gown of pink chiffon, bouffant skirt with net and carried a colonial bouquet of pastel carnations.

Organist was Peter Lien. Ushers were Charles Pustak and Thomas A. Cloke.

At a reception which followed in the Commodore Cafe, the many guests were received by the bridegroom's mother and Mrs. William Rieveley of Vancouver, sister of the bride. Toast to the bride was proposed by Warrant Officer Gilbert Brown and responded to by the bridegroom.

Pouring were Mrs. W. L. Sandison and Mrs. J. McAninch while Miss Connie Michel, Mrs. T. A. Cloke and Miss Isabel MacDonald were servers. During the evening a three-tier wedding cake was cut by the bride and bridegroom.

Mr. and Mrs. MacDonald left on the Prince Rupert last night for a honeymoon in Vancouver and other southern centres. For travelling, the bride chose a white wool tailored dress, beige

Local News Items...

▲ For that Port Edward Trip—Tommy's 77 Taxi. Grotto. (H)
S. L. Peachey sailed last night on the Prince Rupert on a trip to Vancouver.

Miss Patricia Faulkner was a passenger for Vancouver on the Prince Rupert last week.

▲ The Hollywood Cafe is now open for business from 11 a.m. to 8 a.m. (211)

▲ Moose Meeting. Tuesday, Sept. 3, 8 p.m., Moose Temple. 2nd Ave. Members attend. (206)

▲ Long trips or short, day or night, 99 Taxi at your service. (M)

Mrs. Richard Lucas of Vancouver has been the guest in the city of Mr. and Mrs. H. T. Muncy while Mr. Lucas has been on a business trip to Prince George this week. They came north on the power yacht Molly Hogan on which they will leave Sunday on their return to Vancouver.

coat with white accessories. They will reside in Prince Rupert.

Out-of-town guests included Mr. and Mrs. William Rieveley, Miss Dorothy Jackson, Miss Isabel MacDonald, all of Vancouver, and Mr. and Mrs. T. A. Cloke and daughter Anne, of Allenby.

Mrs. C. S. Oland sailed last night on the Prince Rupert for Vancouver enroute to Bowser, Vancouver Island, where she will join her husband who retired recently from the provincial police here.

Don McDonald, who has been employed on the city fire department during the summer, sailed last night on the Prince Rupert for Vancouver where he will continue his studies at the university of British Columbia.

Spencer Wright arrived in the city Wednesday from Vancouver to take over management of the Mussallem Grocery Co. store here, succeeding George Maharg who is returning to Vancouver. Mr. Wright will be joined next week by his wife and two children. Mr. and Mrs. Maharg expect to leave next week for Vancouver.

Announcements

All advertisements in this column will be charged for a full month at 25c a word.

L.O.B.A. Bazaar, Oct. 23.

W. A. Canadian Legion Fall Bazaar, November 20.

W.A. Baptist Church fall sale. Nov. 7.

Old Time Dance, Prairie Ramblers, every Saturday night, Odd-fellows' Hall.

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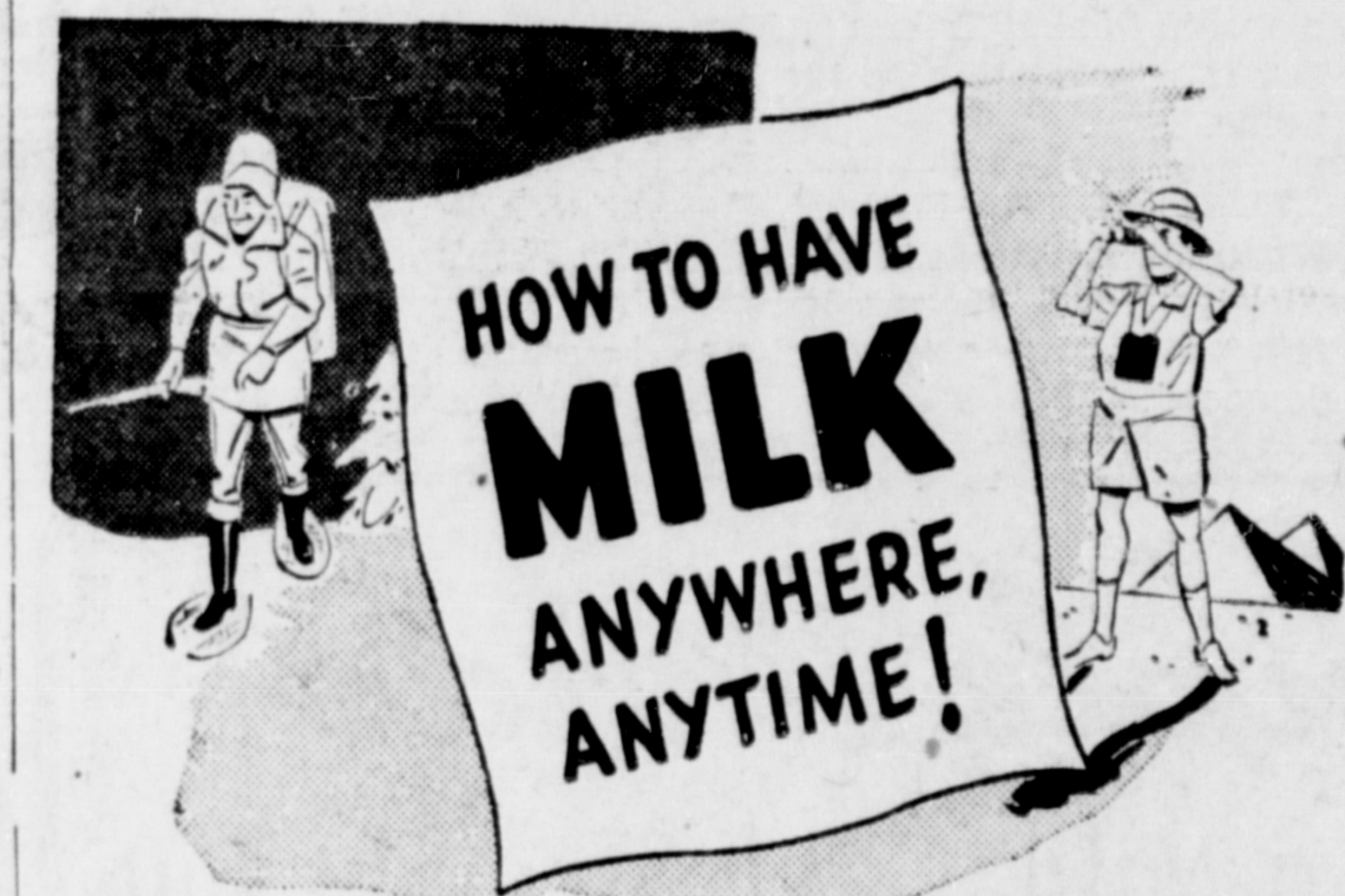
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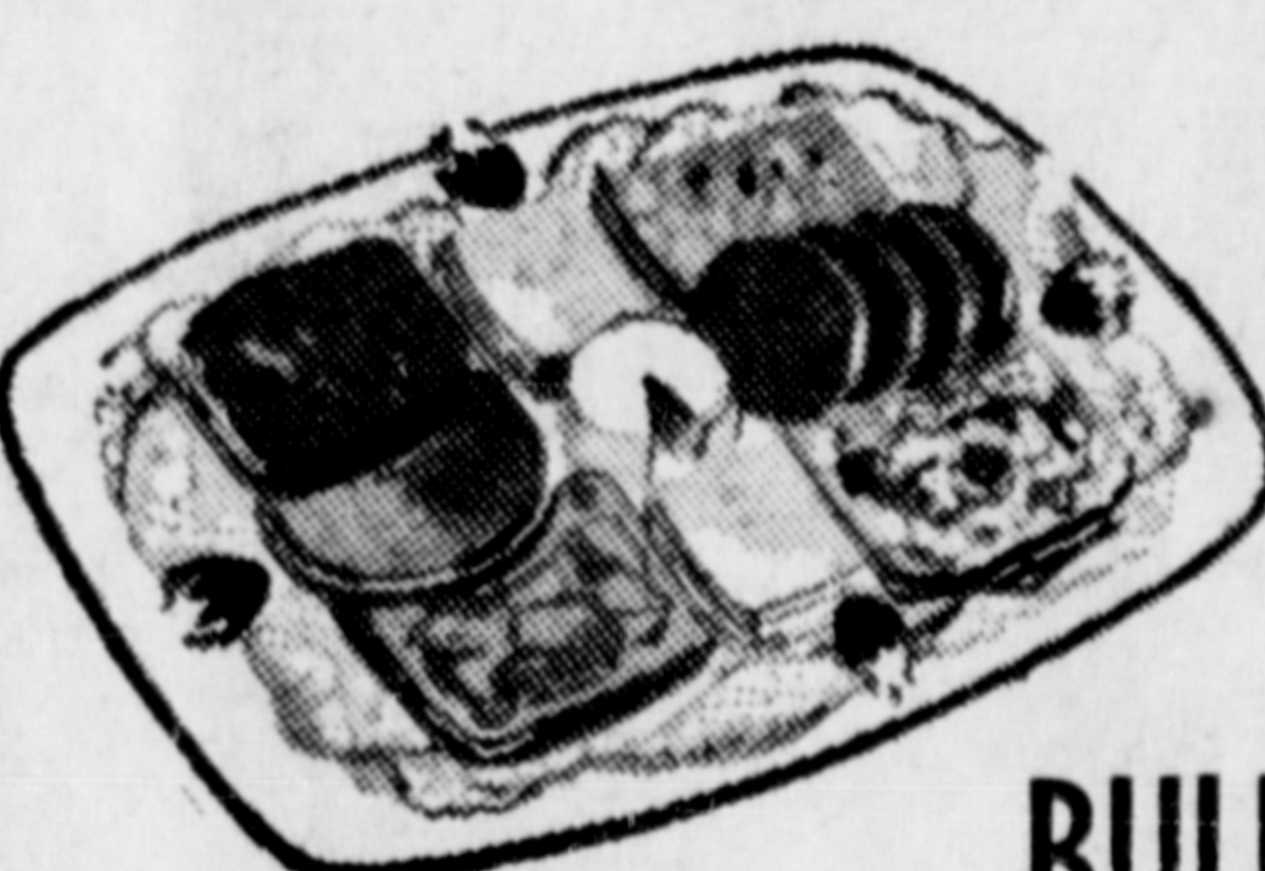
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